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In the mood for love

• How to go offline and chat up a stranger in the real world. Page 16
• T.O. event highlights the lowlights of dating-site messages. Page 4
• Four reasons orgasms are really, really good for you. Page 14

Leafs shuffle their playlist

Hockey. Team debuts new songs tonight at the ACC after famed DJ Alan Cross helps overhaul music library

When the Maple Leafs scored their fourth goal Saturday night and it was apparent to all inside the Air Canada Centre that their 11-game losing streak was going to end, the team's new game-operations staff had a little fun.

Up in the media gondola, they pressed play on When the Levy Breaks by Led Zeppelin.

"At that point, it was the right song for the building, because you could feel the audience think, 'We're going to win tonight,'" said the Leafs' music consultant Alan Cross.

Then, when the trodden-upon Leafs scored their fifth goal, out blasted How Do You Like Me Now?! by Toby Keith.

When did the Leafs' game-operations people get so clever?

The team has completely overhauled its game-operations staff under president Brendan Shanahan, and slowly the show off the ice — the big screen, the music, the social-media outreach — is getting better.

It started with the notion of using the ice as a big screen to build pre-game atmosphere and continued with posting fans' tweets and Instagrams of themselves on the big screen during the game.

And when the Leafs play the Rangers at the ACC on Tuesday, the team will roll out its new 2,500-song music library.

Reid Black, director of marketing for the Leafs, is overseeing the overhaul of the in-game operations. In October, he brought in Steve Edgar as manager of game presentation. Edgar was with the Calgary Flames' game operations, generally lauded as the best in-game experience in the NHL.

Edgar brought in consultants Cross and Dave Charles — two of Toronto's more famed mover and shakers of radio.

Hoping to expand their arena-experience consulting business — Major League Mixes Inc. — they've taken the Leafs as their first client, putting together a library of songs that will vastly expand the current playlist.

"There were a lot of songs that were overused," said Cross. "We've cleaned all that up. We used some tried-and-true market radio research to determine Toronto's favourite radio songs. We found there was a much broader consensus about what music works at a hockey game.

"It goes across all genres, rock, pop, hip-hop and country. Heavily rock. There are some favourites and some songs people never want to hear again."

The plan down the road is for fans to make requests, download songs during the game and play the team's playlist at home.

TORSTAR NEWS SERVICE

BREWING UP A BOOZY BUSINESS

Since opening his home-brewing store, Noble Hop, in the fall, Dave Crum has seen sales spike higher than expected. He said that young "hipster" clients are driving a resurgence in the home-brewing hobby in Toronto. Story, page 6. DAVID VAN DYKE/METRO

NEWS 1

Youth want bigger voice in Toronto police issues

Study. Local group surveying young people across the city on what they want to see in the next chief

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Improving the relationship between Toronto police and the city's youth starts by giving young people a seat at the table, says Kevin Vuong.

"No one on the police services board is under 40. They don't have to be young to understand young people's issues, but it is a lot more challenging," said Vuong, a member of the Toronto Youth Cabinet, city council's official advisory body on youth issues.

Vuong and his colleagues want a youth liaison appointed to the police board.

To bolster their case, they're surveying young people across Toronto about their experiences with police and what they want to see in the city's next chief. The results of the poll will be presented to the board on Feb. 19.

According to Vuong, many young people in Toronto have experienced "discrimination or abuse" at the hands of police. He also listed the 2013 death of 18-year-old Sammy Yatim at the hands of an officer and instances of racial profiling as examples of ways police have lost the trust of youth.

"One of the largest groups that interact with police is young people," Vuong said. "It's important that we have a say in how the police service operates, especially when it comes to their leadership."

Vuong did have high praise for outgoing police chief Bill Blair, saying his successor should continue his emphasis on community engagement.

The survey is open until Feb. 16 and can be found online at thetyc.ca. Participants can also share their views using the #ChooseYourChiefTO hashtag on Twitter.

Quoted

"We need youth representation in an official capacity.... Not just a rubber stamp."
Kevin Vuong, Toronto Youth Cabinet

Kevin Vuong of the Toronto Youth Cabinet says more young faces on the police board will help make a difference in how officers deal with youth. TORSTAR NEWS SERVICE FILE

Campaign aims to end cycle of youth crime

Patricia Keith CONTRIBUTED

GILBERT NGABO
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Toronto-based counsellor Patricia Keith has worked with youth in detention centres for more than 20 years, and it pains her to see many of them re-offending and going back to jail.

Now she wants to do something to break the cycle.

She and others at the nonprofit Break Free Family Centre have started a campaign to open a transitional house for young people leaving detention centres. Along with housing, the facility would offer counselling and help for effective reintegration in society.

"Most of them won't even last two or three weeks before they're back in jail," said Keith, co-ordinator of Break Free, which offers counselling services in Etobicoke. "And mainly the reason is because they don't have someone to talk to about their anxieties and issues that they are dealing with."

While community shelters do exist for people being released from custody, they don't offer formal support services and don't reach out specifically to youth, Keith said.

The group is looking to raise $1 million for the cause, organizing community events and looking for support from all corners of the city, she said. The plan — once a piece of property is bought — is to remodel a house to accommodate at least a dozen people, she added.

Young people who've just regained freedom often have a hard time finding jobs and are faced with few options when looking for a place to turn, Keith said.

"They get easily frustrated," she said. "They get back into old tricks, doing their stealing and drugs and everything."

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Policy. Snapping photos at park could cross a line

If you're thinking of snapping some photographs to capture a slice of winter wonderland in Toronto's parks, be aware that the city has a policy that governs such matters.

The policy, posted on the city's website, reads: "Patrons wishing to use cameras, video cameras or other photographic devices, including camera phones and PDAs (Personal Digital Assistants), in any program or facility must receive permission from staff before filming."

A note affixed in red at the bottom reads: "This includes photography taking place anywhere within a city park or recreational facility."

Could someone actually be prosecuted for violating the policy?

And did you know that a recreational facility includes outdoor skating rinks in what would look to most people like an outdoor, public park?

Confused? You're not the only one.

Resident Bill Andersen was recently trying to take photos of skaters at Greenwood Park when he says he was told by a "young lady in a safety vest" that he needed a permit to carry on.

"I went into the recreation office to see about the permit," he wrote on his blog. "The R.F.A. (???) on duty said, 'It's complicated.' I would need to have every skater come in and sign. Uh huh."

Andersen, who declined comment, also posted the above-mentioned excerpt from the city's policy, which has apparently been in force since 2001.

Richard Ubbens, the city's director of parks, attempted to clarify what he admitted was a foggy bit of sentence structure in the post.

The answer is no, you don't have to request staff permission if you want to photograph landscapes or people in your own party at a park, though he said you should try to ensure that other people don't appear in your photographs without their consent.

And, of course you can take photos of birds, wildlife and horticulture, said Ubbens.

However, you do need permission to take photos of people not in your own party at parks and recreational facilities, including outdoor skating rinks.

TORSTAR NEWS SERVICE

People go for a skate at Greenwood Park. A resident claims he was told he could not take photos of skaters at the rink. VINCE TALOTTA/TORSTAR NEWS SERVICE FILE

Inspire! book fair closing after one year

Arts. International event couldn't secure vendors, officials say

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The first Inspire! Toronto International Book Fair will also be the last.

The organizers announced Monday there will be no 2015 edition, amid speculation that less-than-stellar turnout at the inaugural event left some vendors disappointed.

"Unfortunately, we were not able to secure a timely commitment from exhibitors regarding their participation for a second year," event organizers said in a statement.

Jesse Bernstein, the fair's director of sales and development, called the situation "super sad" and "shocking."

"The interest was there," he said of potential vendors, but "we needed a resounding 'yes' and we weren't getting that."

Some in Toronto's literary scene are mourning the loss, including author Marrisa Stapely, who attended last year as both an author and ambassador.

"I went pretty much every day over the weekend. I loved it. I found it really, really exciting. I thought that the lineup was great," she said.

But she did notice a lack of crushing crowds, as did Sandra Kasturi, poet and co-publisher of fantasy and genre fiction ChiZine Publications.

"I would have liked to sell more books," she said, calling the fair's demise a "shame."

"It had some imperfections, but I think they were really trying to do something great for the city on the literature and arts side of things."

Antanas Sileika wondered if the city is "saturated with book events already," with the well-known International Festival of Authors and the Word on the Street festival.

"The question becomes, how much can a town actually take?" he said.

But Kasturi argued that Inspire! filled a need for a major, international book event that celebrated the many levels of the book world — from celebrity names to unknown writers and small publishers.

"The big players should have jumped on board," she said, criticizing the major book publishers in the city. "I feel like the publishing industry is frequently hide-bound and reluctant to embrace anything new, especially if it's not an instant million-dollar success."

Last year's Inspire! Toronto International Book Fair offered readers the chance to connect with other book lovers, but people didn't show up in the numbers some were expecting. ARASH MOALLEMI/COURTESY TORONTO INTERNATIONAL BOOK FAIR

By the numbers

Toronto International Book Fair:

- **400:** Authors, including big names such as Margaret Atwood.
- **200:** Exhibitors.
- **50,000:** Expected attendance.
- **20,000 to 25,000:** Actual attendance.

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Toronto the Good gives back to Perks

Last week, Gord Perks got a lesson in why they call it Toronto the good.

The Ward 14 councillor looked everywhere for his wallet on Wednesday night but became convinced he'd left it in a taxi or simply dropped it somewhere.

"What was terrifying was the sheer volume of work necessary to replace everything," he said, noting the wallet contained his health card, bank card and city-hall access pass.

Quoted

"It was a wonderful reminder about how decent Toronto is a place to live. Thank you."

Coun. Gord Perks, after someone returned his missing wallet intact

Fortunately for Perks, someone returned it — intact — to city hall the next day.

"There's a bit of a mystery around who returned it," he said.

"The person who dropped it at the security desk was absolutely adamant that I wasn't to know their name.

"Someone just decided to do a good deed."

He may not know who his anonymous saviour is, but Perks is grateful all the same.

Coun. Gord Perks
TORSTAR NEWS SERVICE

"It was a wonderful reminder about how decent Toronto is as a place to live," he said.

"Thank you."

LUKE SIMCOE/METRO

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Stephanie Avery organized a live-reading event to recreate the worst lines from conversations "so appalling they're hilarious." CONTRIBUTED

Shaming the worst of web dating

Valentine's Day. Open-mic event helps daters skew offensive comments

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Instead of roses, how about trying a hysterical and very public shaming of wildly offensive online dating comments?

That's how more than 300 people plan to mark Valentine's Day — OkStupid: Live Readings of the Best Worst Online Dating Conversations.

Artist Stephanie Avery organized the event after realizing she wasn't the only one on dating sites finding herself in conversations "so appalling they're hilarious" — such as when a man told her that she must want his DNA in her mouth.

"I don't even know how to respond to that," she said laughing. "I don't understand what reaction these people are hoping for, if they're actually expecting a woman to be like: 'You know what? I would like your DNA in my mouth, as a matter of fact. Let's get together.'"

In another case, a man asks a woman if she wants to be a bimbo.

"I love bimbos," he writes.

The event is designed in an open-mic style, where volunteers read their own stories while actors read the part of the "antagonists."

Avery says the reaction so far has been "huge," especially since she only posted it to her circle of friends on Facebook.

She's hoping people with a variety of backgrounds — and, of course, genders — show up.

"Women tend to bear the brunt of the online abuse, but I know a lot of men have too," she said.

The night also highlights the way online dating sites (Avery uses OkCupid) give a shield of anonymity that allows for comments that could be deemed sexual assault in face-to-face conversation.

"They feel like they can get away with all these things, but they shouldn't think that's OK," said Avery, who thinks of herself as an "OkCupid vigilante," telling trolls when they've crossed a line.

"The whole thing is indicative of a larger cultural problem," she said.

If you go

- OkStupid: Live Readings of the Best Worst Online Dating Conversations happens from 7 to 9:30 p.m. Wednesday at Handlebar (159 Augusta Ave.).
- Admission is a pay-what-you-can donation, with proceeds supporting the Red Door Family Shelter.

Pooch has yet to get his paws on coveted title

Show dogs. Westminster prize has proven elusive for Ontario-born Matisse

There's just something about Matisse.

It's a certain je ne sais quoi that makes the Arthur, Ont.-born Portuguese water dog the winningest male show dog in the history of the United States, where he now competes.

But nobody — fans, judges, even his owners — can put a finger on what exactly makes the three-year-old winner of 237 all-breed Best in Show titles a cut above the rest.

"No one in the dog world could ever anticipate that any dog would do what he has done," said Donna Gottdenker, Matisse's breeder and co-owner. "He is one of a kind, one in a million."

But Best in Show at Westminster Kennel Club's dog show, the biggest competition of the year, still eludes Matisse. He'll have another chance at the title on Feb. 16 and 17, when he competes at New York's Madison Square Garden for the third time.

"When you go to Westminster, you're hoping to do the best you can. You never know what's going to happen," Gottdenker said.

Matisse was born in Arthur in 2011. He's a Canadian-American hybrid; Gottdenker approached longtime Portuguese water dog breeders Milan Lint and Peggy Helming from the States about breeding one of her females, Femme Fatale, with one of their males, Caribe, about four years ago.

He began in Canadian competitions before moving to the United States. At a year and a half, professional handler Michael Scott took over for Gottdenker in the ring.

Matisse ended 2014 as the No. 1 Dog All Breeds, an award based on the number of dogs defeated throughout the course of the year. Matisse bested around 150,000 other pooches.

TORSTAR NEWS SERVICE

Matisse, a Portuguese water dog, competes in the working group during the Westminster Kennel Club dog show in 2014. FRANK FRANKLIN II/THE ASSOCIATED PRESS

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Wynne, Sorbara meet OPP amid corruption allegations

Ontario Premier Kathleen Wynne and her deputy chief of staff will meet with police investigators, the premier's office said Monday, as the Liberals denied allegations they broke the law in the lead-up to a recent byelection.

"We've been clear that the authorities have our full co-operation, and we are confident that after Premier Wynne and Pat Sorbara meet with the investigators, they will reach the same conclusion," Wynne's spokeswoman, Zita Astravas, said Monday in an email.

The Ontario Provincial Police are investigating allegations that Liberal officials offered their Sudbury, Ont., candidate from the June election a job or appointment late last year in exchange for not running in last Thursday's byelection.

Wynne appointed former NDP MP Glenn Thibeault, who won the byelection, instead of holding a nomination.

The spurned candidate, Andrew Olivier, is quadriplegic and records many conversations because he can't take notes, so he has put the audio of his talks with two Liberals — including Pat Sorbara, the premier's deputy chief of staff — online, saying they back up his claims.

Earlier Monday, deputy premier Deb Matthews said she is "absolutely convinced" the Liberals did nothing criminal in behind-the-scenes talks ahead of the byelection.

Matthews admitted she hasn't listened to Olivier's audio recordings, but said she is confident the allegations are false.

"I am absolutely convinced that there was no breach," she said. "I have not listened to the tapes. But I've seen enough."

Progressive Conservative house leader Steve Clark said the Liberals "gave up their integrity" to win the Sudbury seat. "Anybody who listens to those tapes hears the discussion and the offer," he said.

Media reports said provincial police believe two Liberals broke the law, according to a police document sworn before a judge to get a production order for evidence. The police allegations have not been tested in court, and no charges have been laid.

The premier will not be asking Sorbara to leave her post, Astravas has said. Wynne has maintained no specific offer was made to Olivier, saying they were trying to keep him active in the party after Thibeault's appointment was already decided. THE CANADIAN PRESS

Kathleen Wynne
ADRIAN WYLD/THE CANADIAN PRESS

Home brewing 'a growing hobby' for city's beer lovers

Food and drink.
Boutique shops open to meet rising demand for DIY beer

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A new crop of shops is helping Toronto beer lovers take matters into their own hands.

Two home-brewing stores — Noble Hop near Dundas and Dufferin, and Brew North set to open in Leslieville later this month — aim to serve the growing home-brew trend in the city.

"Toronto has a huge community of people that are into home brewing," said Dave Crum, 29, owner of Noble Hop.

Since opening in the fall, his sales of beer-making equipment and ingredients have gone "way better" than expected, and he's working seven days a week to meet the demand.

Nick Zubacs, 44, is hoping for a similar start when he opens Brew North.

Both Zubacs and Crum got into the business based on their love for home brewing, and the belief that while home brewing isn't new — home-brewing kits are available online — a younger demographic of people want a bricks-and-mortar store where they can get advice, trade recipes and perfect their craft.

"I think it's a growing hobby, whether it's the result of a backlash against corporate ownership, or whether it's just part of a larger whole food movement," Zubacs said, equating it to the next logical step for a foodie who wants to grow their own food or shop at local farmers markets.

Crum even sees it as "a political statement against the big beer monopolies" and places like the Beer Store, where "80 per cent of the styles of beer are the same."

"It's dominated by a pretty basic light lager style," he said.

Home brewing, on the other hand, is about experimentation, Zubacs said, similar to the craft beer movement. Only it's a fraction of the price.

A one-gallon starter kit at either new store costs about $40.

Brewers need an evening to actually mix the ingredients, then they wait about a month for the fermentation to take effect.

Crum said starter kits are by far his best sellers, but he added that some enthusiasts end up spending thousands of dollars turning their homes into "nano-breweries."

Dave Crum said beer aficionados are on the rise in Toronto, leading to growing interest in home brewing. He is currently brewing a Belgium IPA. DAVID VAN DYKE/METRO

Transit. Cancelling LRT could cost $75M

The cost to Toronto of cancelling the Scarborough LRT will be $75 million, about $10 million less than earlier estimates.

The number was confirmed in a letter to Metrolinx CEO Bruce McCuaig from city manager Joe Pennachetti, who has refused to state the precise number, saying he will report later on where the money is embedded in the city's capital plan. The Jan. 9 letter, obtained by Torstar News Service, says that $75 million "provides a fair balance between the positions of both the city and Metrolinx."

It goes on to say that, "in the interest of resolving this matter in an expedient manner," the letter is meant to serve as confirmation that Toronto agrees to the $75 million. The only condition would be a final agreement on the province's contribution to the cost of a Scarborough subway, wrote Pennachetti.

Queen's Park has said it will pay $1.48 billion toward replacing the aging Scarborough RT. That number is final, said a spokesperson for Ontario Transportation Minister Steven Del Duca on Monday.

From the outset, councillors were told that Toronto would likely have to pick up substantial costs of changing tracks on the project — money that had already been irretrievably poured into the LRT.

TORSTAR NEWS SERVICE

RICK MERCER REPORT
Rick is in Ottawa to help set a Guinness World Record for the most snowmen built in an hour.
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Ontario MP calls Tories 'fear-mongers and bullies'

Federal politics. Former Tory MP Eve Adams crossed the floor Monday to join Liberals

Former Conservative MP Eve Adams, left, is joined by Liberal Leader Justin Trudeau as she announces on Monday in Ottawa that she is leaving the Conservative Party to join the Liberal Party of Canada. JUSTIN TANG/THE CANADIAN PRESS

Justin Trudeau's Liberals scored a two-fer Monday.

Toronto-area Conservative MP Eve Adams crossed the floor to sit with the Liberals.

And her surprise defection had the full support of her fiancé, former top Conservative operative Dimitri Soudas — long considered one of Stephen Harper's fiercest loyalists and an architect of the Tories' re-election strategy for 2015.

Within hours, Soudas made it clear he's prepared to use his inside knowledge of the Conservatives against them.

"Mike, stand down on throwing stones from glass houses," he tweeted in response to what he considered a jab at Adams from Edmonton Tory MP Mike Lake.

"What did you ask me to do again?"

Conservatives cast Adams' decision as opportunism by a woman spurned by the governing party. Party president John Walsh said Adams previously asked about running in another riding after the party barred her last summer from running in Oakville North-Burlington. But Adams and Trudeau cast her move as a matter of principle.

"This is not about having a tough day at the office; everybody has grumpy bosses from time to time," Adams said.

"This is about the fact that my values simply don't align with this (Conservative) team, and I'd like to continue serving Canadians."

Trudeau noted that she continued to serve as a parliamentary secretary to the health minister right up until she resigned Monday.

Parliamentary secretaries are appointed by the prime minister and are one rung down from cabinet.

"I can no longer support mean-spirited leadership that divides people instead of bringing them together. We need a kind, generous and strong leadership that champions a shared vision for how to make Canada work for everyone. I want to work with someone who inspires, not with fear-mongers and bullies."

However, NDP Leader Tom Mulcair accused Trudeau of "stoking cynicism" about politics by welcoming an MP who, until Monday, had supported "every single decision" taken by Harper for the past nine years. THE CANADIAN PRESS

Education. Harper halts movement on reforms, but funds in limbo: AFN chief

The new national chief of the Assembly of First Nations says Prime Minister Stephen Harper personally told him that the Conservative government will not move ahead with its controversial overhaul of aboriginal education.

That raises a big question mark over what happens to the $1.9 billion tied to the original bill, which has been in limbo since last spring when chiefs from across Canada flatly rejected its proposed reforms to First Nations education.

Perry Bellegarde said he asked Harper on Jan. 28 not to "re-profile" the money — meaning not to use funds set aside for First Nations education in last year's budget for another purpose — but added that he did not leave his meeting with the prime minister with a sense of optimism. Bellegarde warned of the message it would send to First Nations if the government decides to reassign the education funding.

"It would signal that they're not in touch with communities, not in touch with the needs and basically putting First Nations issues to the side when it comes to education." THE CANADIAN PRESS

#HarperCallEgypt

Fahmy's family launches campaign

The family of a Canadian journalist in an Egyptian prison launched an online campaign Monday, urging Prime Minister Stephen Harper to intervene in the case.

Mohamed Fahmy's family called on supporters to use the hashtag HarperCallEgypt to encourage the prime minister to lobby for the 40-year-old's release.

Fahmy and his family were shocked by the announcement of a retrial date, as they had been told by then-foreign affairs minister John Baird that his release was "imminent." THE CANADIAN PRESS

Cabinet shuffle sees Jason Kenney made defence minister

Jason Kenney isn't known for holding his fire on the subject of radical Islam — and now he's in charge of whether the Canadian military will or won't continue to do the same.

Kenney took charge of the defence portfolio Monday in a cabinet shuffle that puts an edge on the team Prime Minister Stephen Harper will lead into the October election campaign.

Former defence minister Rob Nicholson took over foreign affairs after the resignation of John Baird last week.

Kenney's former job as minister of employment and social development will be handled by Minister of State for Democratic Reform Pierre Poilievre.

The trio represents three of the most battle-tested MPs in the Conservative caucus who've shown a willingness to take a hard line on controversial policies.

But New Democratic Party Leader Tom Mulcair questioned whether Nicholson was the right choice for the time, saying he never wavers from party dogma.

"At a time like this in the world that we live in today, it is a bit surprising you have someone who can't reach out more than he can," Mulcair said, noting Nicholson's inability to speak French.

THE CANADIAN PRESS

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'American Sniper.' Jury selection begins for trial

Jury selection began Monday in the trial of the man accused of fatally shooting a former Navy SEAL depicted in the film American Sniper.

More than a dozen people were dismissed Monday morning in Stephenville, Texas, where former Marine Eddie Ray Routh is charged with capital murder in the deaths of Chris Kyle, 38, and Kyle's friend, 35-year-old Chad Littlefield.

A challenge facing authorities is ensuring a fair trial just as the movie based on Kyle's memoir continues to make millions at the box office.

The county's top prosecutor told prospective jurors Monday that he knew many of them will have seen the movie, which details Kyle's tours.

Instead of a typical Erath County jury pool of 175, about 800 jury summons were sent out, district clerk Wanda Pringle has said.

Routh's attorneys plan to pursue an insanity defence stemming from post-traumatic stress disorder (PTSD). Prosecutors won't seek the death penalty for Routh, who faces life in prison without parole. THE ASSOCIATED PRESS

India

Police search for man in 20s after rape reported

Police were searching Monday for a man in his 20s who allegedly raped a 20-year-old female Japanese student in northern India on Sunday. THE ASSOCIATED PRESS

Egypt

Survivors recount soccer stampede

Mayhem erupted at a stadium Sunday when police turned soccer fans waiting in line back. After fans at the back pushed forward, police fired tear gas into the crowd; 22 were killed in the stampede that followed. THE ASSOCIATED PRESS

Obama, Merkel united in their hope for Ukraine peace plan

Foreign affairs.
While Obama mulls defensively arming Ukrainian forces, Merkel stands strong in non-military approach

U.S. President Barack Obama and German Chancellor Angela Merkel declared Monday that Russian aggression in Ukraine has only reinforced the unity of the U.S. and Europe, as they weighed the prospects of reviving an elusive peace plan to end the conflict.

Still, Obama held open the prospect that if a new round of diplomacy this week fails, the U.S. could send Ukraine's beleaguered military defensive weaponry. Merkel and other European leaders staunchly oppose arming Ukraine, in part out of fear of sparking a proxy war with Russia.

The U.S. and Europe have largely been in agreement on their response to the conflict between Russia and Ukraine, raising the prospect that a public split over lethal aid is a tactic to push Russian President Vladimir Putin to agree to a peace plan.

German Chancellor Angela Merkel listens as U.S. President Barack Obama speaks during their joint news conference in the East Room of the White House in Washington on Monday. EVAN VUCCI/THE ASSOCIATED PRESS

During a joint White House news conference with Obama, Merkel reaffirmed that she sees no military solution to the fighting in eastern Ukraine. However, she added that no matter what Obama decides, "the alliance between the United States and Europe will continue to stand."

Merkel and French President Francois Hollande met with Putin and Ukrainian leaders last week and announced a new summit meeting for Wednesday in Minsk, Belarus.

Merkel, who has perhaps the most productive relationship with Putin of any Western leader, said reaching a diplomatic agreement was crucial to keeping the peace in Europe.

"I myself actually would not be able to live without having made this attempt," she said through a translator.

More than 5,300 people have been killed since fighting in eastern Ukraine began in April, according to a UN tally. THE ASSOCIATED PRESS

Stephen Harper

Merkel stops in Ottawa

German Chancellor Angela Merkel met with Prime Minister Stephen Harper for 45 minutes Monday evening following a meeting with U.S. President Barack Obama earlier that day. Merkel said she is leaving North America with the support of both the U.S. and Canada to back a peaceful, diplomatic resolution to end the ongoing hostilities in east Ukraine. THE CANADIAN PRESS

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Online entertainment

Netflix launches service in Cuba

Netflix is launching its movie and TV show streaming service in Cuba as credit and debit cards become more widely available. Only 27 per cent of Cuba's population has access to the Internet, but Netflix is banking on more people getting Internet access as the U.S. eases sanctions against Cuba. THE ASSOCIATED PRESS

Market Minute

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Micro condos to face first test, experts say

Investment units. Sales of 3,000 shoebox apartments in Toronto nearing completion could spur developers to build more to satisfy demand from investors

A rendering of a micro loft in Vancouver. Reliance Properties restored the former single occupancy hotel into rental units with an average size of 265 square feet. COURTESY RELIANCE PROPERTIES/THE CANADIAN PRESS

The appeal of so-called shoebox condos — no larger than the size of two average living rooms — will face its first real test in Canada this year, with an influx of the compact homes set to hit the country's largest real-estate market.

Investors are betting on big returns from young renters who can't afford to buy in the red-hot real-estate market and don't mind living in a unit about 500 square feet, where their dining table might have to fold down into a bed.

Although developers are pitching micro condos as an affordable entry point into the market, brokers say it's mostly investors — catering to a demographic of young professionals increasingly flocking to the downtown core — that's driving demand.

Micro suites tend to fetch higher rents per square foot than larger units, as many renters are willing to live in a slightly smaller space in order to save a bit on costs and live closer to the city core.

Shaun Hildebrand, vice-president of condo research firm Urbanation, says condos under 500 square feet can bring in well over $3 per square foot, while the rest of the market averages around $2.50 or $2.60.

There are nearly 3,000 micro condo units under construction in Toronto that are slated to be completed this year, Hildebrand says. If investors snatch them up, that could spur developers to build more of the micro units to satisfy demand from investors.

The challenge comes in securing a mortgage for the micro units. Brokers say Canada's five biggest banks are hesitant to provide financing for units below a certain minimum square footage, concerned that investors will sell off the properties if the housing market starts to slide.

THE CANADIAN PRESS

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50	$16	$13	$29	$20	$52	$36
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VOICES

KILL THE HALF-BAKED IDEAS, COUNCIL

With three transit-related items on the agenda at city hall this week, Toronto needs to start the work of untangling the various plans

YOUR RIDE
Matt Elliott

Transit planning in Toronto has gotten pretty messy over the last few years.

An understatement, I know.

A series of elections, a bunch of Rob Ford sloganeering and some meddling from the provincial government has left Toronto with a tangle of competing plans for subways, surface rail and light-rail transit.

But lo, an opportunity approaches. This week's meeting of Toronto city council has agenda items related to three transit projects. Together they represent a chance for newly elected mayor John Tory and city councillors to start making some sense of the city's transit future.

Here's what they should do.

On the Scarborough subway: get some answers.

It's a common misconception that the Scarborough subway is a done deal. It's nothing of the sort.

In reality, the project — which would see the Bloor-Danforth line extended further into Scarborough — is still in its earliest stages. The exact route hasn't even been decided. Costs are up in the air. There are hundreds of questions remaining.

So let's give Coun. Josh Matlow credit for trying to get some answers. He's filed a series of inquiries to Toronto's city manager on both the subway plan and the Scarborough LRT that councillors axed last year. Answers are expected this week.

Himy Syed paints a map of the TTC subway on a driveway in front of the Bickford Centre in this file photo. The future of the Scarborough Subway, Tory's SmartTrack plan and a proposed subway line on Finch are all on council's agenda this week. AARON HARRIS/TORSTAR NEWS SERVICE

Even subway-supporting councillors should embrace Matlow's drive to get this information. It's a call for transparency on a multi-billion dollar project.

On SmartTrack: move forward, prepare for compromise.

Tory's signature SmartTrack transit plan is up for debate this week, with councillors deciding whether to approve $1.65-million in studies as part of a larger work plan.

SmartTrack, which calls for repurposing GO Transit lines for local service, is a good idea.

But at this stage, that's all it is: an idea.

SmartTrack can succeed if Tory accepts that the details need to change. That could include tweaks to things like the expensive Eglinton West section and the Scarborough segment, which looks to run right up against the planned subway.

But if Tory attempts to present his campaign vision as sacrosanct, SmartTrack could easily go off the rails. Councillors should approve the study but they should make sure the mayor shows signs of compromise.

On a supposed Finch Avenue subway plan: dismiss it.

Lastly, Coun. Giorgio Mammoliti is bringing a motion to council that would scrap plans for the funded LRT on Finch West and instead endorse a subway line.

Kill it with fire.

No engineer or planner has identified Finch as a subway corridor. Ridership studies are non-existent. Costs have not been estimated and even if they were, there's no plan to fund them.

Toronto politicians have spent too much time considering these kinds of half-baked transit ideas. No more. Tory and council should slam the door on this kind of wishful and destructive transit thinking.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
toronto@metronews.ca

Doctor-assisted suicide

With the Supreme Court striking down Canada's ban on doctor-assisted suicide, the country has one year to write a new law. Two affected parties share their take:

THOSE SUFFERING GIVEN A CHOICE

WANDA MORRIS
readers@metronews.ca

Every year, thousands of Canadians die under horrific circumstances, suffering prolonged pain and anguish until the very end.

Improved palliative care would help many. But for others, the relief they seek is only possible with physician-assisted dying (defined as prescribing or administering medication with the intention of ending a patient's life).

We hear too many stories about those who end their lives violently or prematurely because they can't count on assistance when they need it or who live through to the end and experience great pain as a result.

Friday's decision makes us hopeful that tragedies like these will soon become a thing of the past.

One of our supporters had terminal cancer and spoke about how she envied her cat, Sparky. She knew that if Sparky was experiencing great suffering, a vet would help Sparky die in her arms. All she wanted was to have the same choice for herself.

Friday's judgment came too late for her. But others will soon have that choice.

The court has given policy-makers a year to put new rules in place. Soon, there will be an alternative for individuals facing chronic, intolerable suffering at end of life.

At DWD Canada, we've always believed the evidence from other countries that shows we can provide choice to the dying and protect our weakest and most vulnerable citizens. The Supreme Court has given Canadians choice; now, we must stand guard to make sure necessary safeguards are put in place.

Life is precious, and very few of us would want to shorten our lives by even a single day.

But now, Canadians have the peace of mind that comes from knowing that if the worst comes to the worst, they'll have a last possible alternative.

Wanda Morris is the CEO of Dying With Dignity Canada.

DECISION AS IT STANDS IS DANGEROUS

DEAN RICHERT
readers@metronews.ca

On Friday, the Supreme Court of Canada struck down the law prohibiting physician-assisted suicide.

The decision as it stands creates the potential for the most permissive and least restrictive criteria for assisted suicide in the world, putting persons with disabilities at serious risk.

It is extremely troubling for people with disabilities and their communities to see the court's inclusion of "disability" as a possible "grievous and irremediable medical condition."

The court left it open as to which types of disability are included and which are excluded. Who is to decide what disability is a grievous and irremediable medical condition?

Note that the Court did not say that asking a doctor to help you die is restricted to someone diagnosed with a terminal illness who will die within six months, as is required in the states of Washington and Oregon. Instead, it allows assisted suicide on the basis of physical or psychological suffering. This places people with serious mental-health issues at risk, as well as people who have not yet come to grips with their disability.

Further, the ruling does not adequately address the issue of coercion.

Will a person's wish to die be manipulated in any way? What is the process for discovering such coercion? Seeking consent to help someone commit suicide is complex and fraught with uncertainty.

The Council of Canadians with Disabilities is calling on Parliament to place crucial safeguards on the Court's judgment to limit access to assisted suicide. People with disabilities and their organizations must be included in this process precisely because the impact of this ruling can lead perilously close to a "better to be dead than a burden" mentality.

Dean Richert is chair of the Ending of Life Ethics Committee for the Council of Canadians with Disabilities.

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Amber Heard and Johnny Depp ALL PHOTOS: GETTY IMAGES

One wedding isn't enough for Johnny Depp and Amber Heard

Johnny Depp and Amber Heard are, like, extra married now.

After blindsiding gossipmongers last week with a surprise knot-tying in L.A., the happy couple headed down to the Bahamas as planned for a lavish, intimate ceremony on Depp's own island, Little Hall's Pond Cay.

Photos of the island over the weekend showed a lovely canopy set up on one of the island's several beaches, along with 24 chairs.

"Amber did her own hair and makeup, and Johnny was as laid-back as usual. But there has been a genuine glow about them since Wednesday, when they officially became man and wife," a source tells the Sunday Express.

"They wanted to do it all again on the beach and … (celebrate) with friends, because they love the island and want it to be a continuing part of their lives together."

It's unclear which beach the ceremony took place at, but one of them is named after Depp's ex-partner, Vanessa Paradis.

Going to go out on a limb and guess it wasn't that one.

Soup for you, Jennifer Lawrence

Jennifer Lawrence is now getting unsolicited help in her campaign to be the most down-to-earth star on the planet. While celebrity chef Wolfgang Puck was giving a preview of his annual post-Oscars Governors Ball menu, he couldn't help offering up a side of charming J.Law anecdote. "She didn't know who I was," Puck remembers of the 2013 gala, after Lawrence won her Best Actress trophy. "Her publicist said, 'That's Wolfgang Puck.' She says, 'Oh my God, I eat his canned soup all the time!' I thought that was very funny." And charming!

Jennifer Lawrence

Everything isn't awesome for the Lego Movie directors, who were passed over for an Oscar nomination. CONTRIBUTED

Lego Movie directors are still mad at Academy

Crowd-pleaser The Lego Movie took home a BAFTA this weekend for Best Animated Film, but that apparently doesn't quite wash away the slight of being passed over for an Oscar nomination. While accepting their award in London, co-directors Phil Lord and Chris Miller didn't let the opportunity pass to make a dig at the Hollywood elite who left them out of the big show. "You are our favourite Academy by far," Lord said from the BAFTA stage. "You guys win the award for best Academy. This is the end of the awards road for us, so we can say whatever we want. There's no one left to impress."

SCENE

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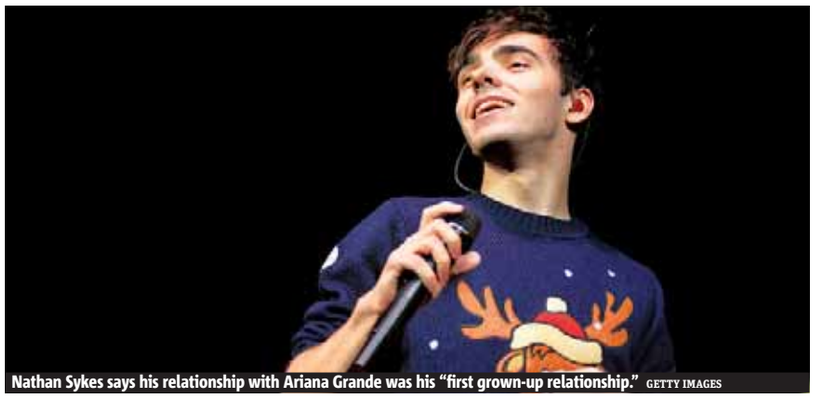


Nathan Sykes says his relationship with Ariana Grande was his "first grown-up relationship." GETTY IMAGES

Nathan Sykes uses Grande heartbreak to make music

Interview. Former member of The Wanted opens up about his breakup with singer Ariana Grande

Ariana Grande may be happily in love with Big Sean, but before things heated up with her Right There collaborator, she dated The Wanted (remember them?) band member Nathan Sykes. Now that The Wanted are broken up, Sykes has been in the studio recording some solo songs, and one in particular is about his famous ex.

"The most emotional song is about me telling myself not to be angry about the breakup because sometimes things just don't work out," he tells The Sun. And he didn't hold back revealing more details about their breakup to the paper: "The time we broke up was really tough. The Wanted decided to take a break and I lost my granddad. I was not in the best place. She was my first grown-up relationship. But sometimes you have to go into a place like that to be able to find the best music out of it."

EMILY LAURENCE/METRO IN NEW YORK

Music business

Where to flow those streams of gold?

SOUND CHECK
Alan Cross
scene@metronews.ca

Artists should be looking to their record labels before complaining about streaming money. ISTOCK

It's not quite the garbage anti-vaccine whackos are spreading, but much of what's being reported on the payouts made by streaming music services — Spotify, Rdio, Deezer, YouTube and so on — is pretty ridiculous.

You've probably heard stories about artists who receive royalty cheque pittances despite having their songs streamed hundreds of thousands if not millions of times. It seems obscenely unfair. But wait.

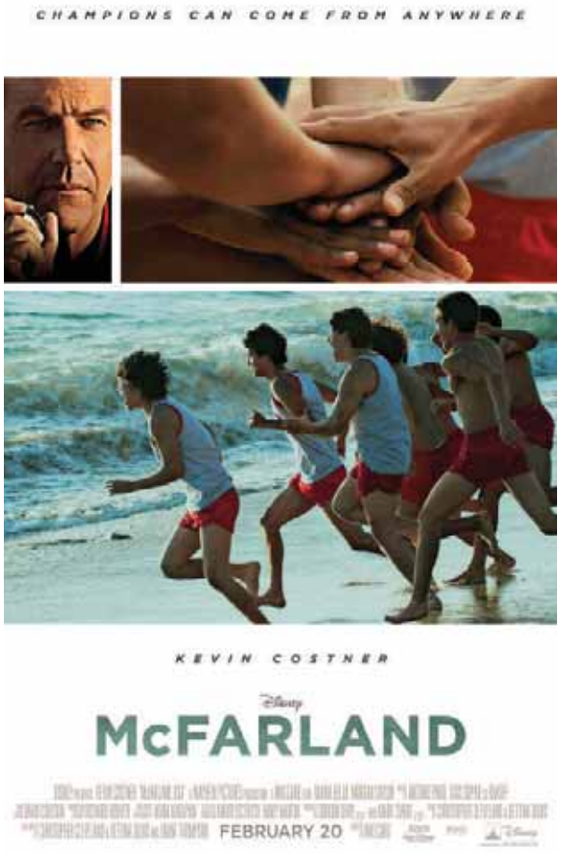
First, music streams cannot be equated with music sales. Streams are occasions of individual listens. Artists are paid according to the exact number of people who listen to a given song whenever an individual selects it to be played. That payment is fraction of a cent — but it's still something for each and every play a song gets. Compare this to listening to a song on the radio. Radio stations pay a series of fees for the privilege of playing music as part of their business. Those fees are based on a percentage of the pre-tax gross ad revenue of the station. The more the station makes, the more it pays out to artists and composers. Hundreds of thousands of people may hear a song when it's played on the air one time. And guess what each play is worth? A fraction of a cent.

So if you're going to compare streaming payments to anything, it should be to what artists get for radio airplay, *not* revenues from sales.

Next, consider how streaming fees are set. Record labels, music publishers and music collectives — the people expected to have the artists' interests front-and-centre — negotiate with streaming services over rates. From there, it goes to the Copyright Board for a definitive ruling. Streaming services aren't just being arbitrarily stingy; they're told what to pay.

Finally, let's look at how these payments are divided up. A recent audit of Deezer in France looked at where the company's payments go. Post-tax, out of each 10-euro monthly subscription rate, 11 per cent goes to the artists, 16 per cent to the writers/publishers and 73 per cent to the major labels. Huh.

It's not clear if similar splits exist in other territories because the payout process is opaque. But if it is, then artists' beefs over streaming payouts are not with Spotify, Rdio, et al. It's with the labels and people who are supposed to be looking out for them.



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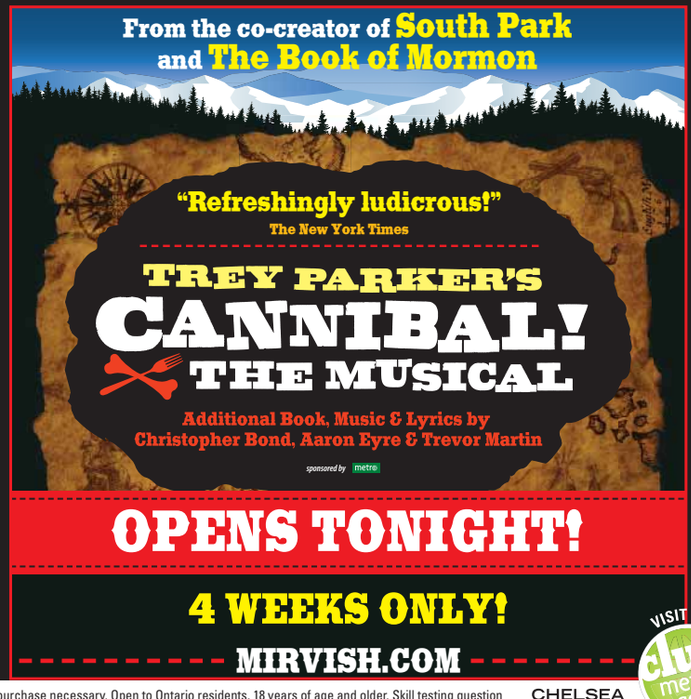

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Instead of your sweating off those extra pounds with hundreds of crunches, neurons could do some of the work to create energy-burning 'good' fat. ISTOCK

Burn starts in brain

Weight loss. Brains rather than brawn could hold the key to staying thin, research shows

The brain could be a powerful fat-burning tool, say scientists at Monash University in Melbourne who discovered that two naturally occurring hormones interact to convert energy-storing white fat into energy-burning, "good" brown fat.

"Turning white fat into brown fat is a very exciting new approach to developing weight-loss agents," says lead author Professor Tony Tiganis from the Department of Biochemistry and Molecular Biology. "Eventually, we think we may be able to help people lose weight by targeting these two enzymes."

One of the enzymes, leptin, is an appetite suppressant that's generated in fat cells and the other is insulin, which comes from the pancreas when levels of glucose in the blood start to rise.

Professor Tiganis' research shows that the two hormones act together and persuade a group of neurons — called proopiomelanocortin (POMC) neurons — in the brain to convert the fat from white to brown, thereby igniting the fat-burning process.

"These hormones give the brain a comprehensive picture of the fatness of the body," says Professor Tiganis. "Because leptin is produced by fat cells, it measures the level of existing fat reserves — the more fat, the more leptin. Whereas insulin provides a measure of future fat reserves because glucose levels rise when we eat."

If all this has you wondering why you can't just think your way skinny, chances are enzymes called phosphatases that inhibit the actions of leptin and insulin could be working against you.

Professor Tiganis' team found that when phosphatases were reduced, more brown fat was created and more fat was burned.

Don't give up your diet or relinquish your gym membership just yet: Professor Tiganis says any potential therapy based on his team's research is still a long way off.

Brown fat cells, also called adipocytes, occur most densely around the neck and shoulders, according to the researchers, whose study was published in the journal Cell.

That white adipocytes can be converted to brown has been suggested by several studies revealing a variety of methods to do so.

For example, a study at Maastricht University Medical Centre in the Netherlands says it's possible to create brown fat by keeping your surroundings cool, while another published in the journal Cell Press indicates that Mirabegron, a drug normally used to treat an overactive bladder, could also do the job. AFP

Tips

Save on gym memberships

Max out trials
Finding the right gym fit is key. A great way to check out classes, instructors or an overall environment is to take advantage of freebies. Money-saving expert Andrea Woroch in Bakersfield, Calif., said many gyms offer up to a full week free. Salespeople may try to entice during trial periods with limited-time discounts, but don't bite if it doesn't feel right. Move on to another gym until you find the right one. "You want to test out the equipment, go at the time that you typically think will fit into your schedule, whether it's after work, at lunch. See what the crowds are like," she said.

Try haggling
Think of signing up for a gym membership the same way you would buy a car, Woroch said. Salespeople have quotas and that puts you in the driver's seat. Perhaps you can score a lower monthly rate or have the initiation fee waived. Ask for the first month free, more guest passes, extra personal training sessions or complementary child care. "There's always wiggle room," she said.

Coupons, warehouse clubs and daily deals
Look around. Sites like Groupon and LivingSocial often offer deep discounts of up to 70 per cent on local gym memberships and personal training.

THE ASSOCIATED PRESS

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The science behind orgasms

Sex. As if you need more convincing of how great climaxing is, here are four reasons why it's also good for your health

MATTHEW LEE
Metro in New York City

Orgasms don't just feel great. They have also been shown to relieve stress. ISTOCK

Orgasms may help relieve pain

You might want to reconsider the whole "Not tonight, dear. I have a headache" excuse next time your partner is locked, loaded and ready to go and trying to get you in the mood.

As it turns out, orgasms can help get rid of all sorts of pain — including headaches.

A study at the University of Munster in Germany found that 60 per cent of patients in the study who had sex while suffering from a headache felt relief from their migraine. Think of it as a natural pain killer.

Orgasms may help you relieve stress and relax

A ton of chemicals are released in the body when one has an orgasm including oxytocin (the famous love hormone) and vasopressin, both of which relax the body and may even make you sleepy.

In addition, orgasms have been shown to reduce blood pressure in women.

Orgasms may help your fertility

There is a theory that because orgasms trigger cervical and uterine contractions, more sperm is likely to be retained in the uterus.

This theory though has come under fire for a lack significant clinical research around it.

Orgasms can help reduce men's chances of developing prostate cancer

Studies have shown that men who achieve orgasm often are less prone to developing the most common cancer to affect Canadian men.

According to MensJournal.com, "prostate cancer rates have been proven to directly correlate to the frequency of ejaculation."

Scientists say ejaculating at least four times a week can reduce one's risk by up to 30 per cent."

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Not only genetic factors influence fertility. ISTOCK

New culprits affect fertility at start and end of reproductive years

Women's health. Sugary drinks during puberty and chemicals later on in life can have an impact

EVA KIS
Metro in New York City

As women continue to delay motherhood, the precise span of their fertile years becomes more vital to chances of conceiving.

But science is finding more evidence that it's not only genetic factors that can influence fertility.

Two recent studies focused on products that have a significant effect on a woman's reproductive health, from puberty to menopause.

Sugar and puberty

Sugary drinks are not just bad for oral health and metabolism — they could be speeding up puberty.

A study of more than 5,500 girls aged nine to 14 found those who drank more than one-and-a-half servings of sugary drinks a day had their first periods almost three months earlier than girls who drank two or fewer such drinks a week. The scientists at Harvard Medical School accounted for body mass index, height, diet and how much the girls exercised.

Drinks with added sugar have a higher glycemic index, which cause a spike in insulin, than naturally sweetened drinks such as fruit juices (which, along with diet sodas, were not associated with a difference in the start of puberty).

Higher insulin levels in the blood can stimulate the production sex hormones, the researchers noted.

Earlier menopause

At the other end of a woman's fertile years is a newly discovered risk from certain chemicals.

Facts

- **Cancer.** Girls who start their periods earlier are at a higher risk of developing breast cancer.

A study at the University of Colorado found that women who had been exposed to 15 man-made chemicals entered menopause two to four years sooner than women who had been exposed to lower levels of the same chemicals.

Dr. Natalia Grindler and her team reviewed data from 31,575 women collected by the National Health and Nutrition Examination Survey between 1999 and 2008.

Out of 111 chemicals tested, 15 were flagged — the most common, phthalates, are found in plastics, pharmaceuticals, and personal care products such as body lotions, perfumes, makeup, nail polish, liquid soap and hair spray.

The others were dioxins/furans (industrial combustion byproducts); phytoestrogens (plant-derived estrogens); polychlorinated biphenyls (PCBs, coolants); phenolic derivatives (phenols, industrial pollutants); organophosphate pesticides; surfactants; and polycyclic aromatic hydrocarbons (combustion products).

Early menopause is not the only negative effect they can have on women's health.

"Any early decline in ovarian function could increase rates of infertility and lead to earlier development of cardiovascular disease, osteoporosis and other medical problems among women," she said.

Even worse, avoiding exposure to these chemicals is nearly impossible.

"The health of future generations is at risk and without further research in this area, those born today could be affected in decades to come."

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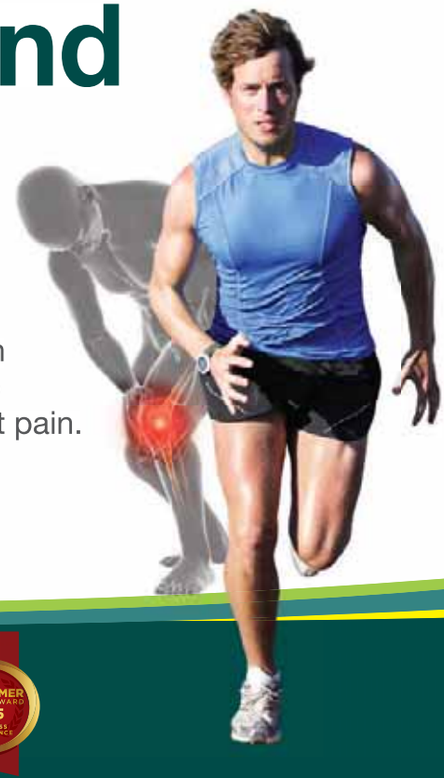

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Making a romantic connection without the use of a keyboard

Dating. Four experts weigh in on how to engage authentically in a modern world

STEPHANIE ORFORD
for Metro

A comment about the weather is a good way to start up a conversation, says etiquette expert Charles MacPherson. But if you get a one-word answer, it's best to move on. ISTOCK

Thanks to the Internet, there's no shortage of ways to connect with someone: dating apps, websites and matchmaking services are ubiquitous and anyone who can swipe right can get a date for Saturday night.

But you can still find yourself next to an attractive stranger on a bus, or in the supermarket, wishing you knew what to say to get their attention — and affection.

Technology has been trying to bridge the gap. The new app Somebody, by writer-filmmaker Miranda July, lets users enlist a stranger to deliver their message; and ShoutzApp, based in Toronto and designed for transit users, allows people in the same vicinity to have anonymous conversations.

But when apps are being created to get us talking to the people right in front of us, it's easy to think we've forgotten how to meet in the real world.

Instead of rushing home to post a Craigslist missed connection, we've asked four experts to give us their best advice.

Personal stylist: Wear your confidence

Patricia Trépanier

Like it or not, your image is key to attracting the right person, says Patricia Trépanier, a personal fashion stylist based in Montreal.

"When you feel confident in your clothes, people start noticing you more," says Trépanier. "It shows in your posture."

She suggests wearing clothes that fit well and suit your physique, polishing your shoes (no square-toed shoes!) and staying away from logos, quotes or brand names. For men, err on the side of classy, and wear a blazer you can take off if you end up in a more casual setting.

And remember, your appearance is an indicator of your interests, values and habits.

"If you neglect your personal image, it shows that you may also neglect other aspects of your life," says Trépanier.

Speed-dating host: Be honest

When you're approaching someone for the first time in real life, "I would recommend losing the pickup lines," says Nadia Marchant, representative of Vancouver-based speed-dating service FastLife Media.

Nadia Marchant

She says trying new activities — like speed dating — might feel ridiculous and awkward, but the such real-life experiences can be electric. Meeting in person allows people to "feel instant chemistry face-to-face," she says.

But chemistry isn't enough, so when it comes to striking up that first conversation Marchant suggests just being honest.

"Be sincere, be yourself, show confidence and just genuinely communicating the reason why you're approaching someone," she says.

She also recommends trying something physically active, like hiking or bike riding, as they're more conducive to natural conversation and maybe some laughter and silliness.

Bartender: Reveal your quirks slowly

Meeting someone at a bar might seem cliché, but sometimes it works, says Lauren Mote, bar manager of UVA Wine & Cocktail Bar in Vancouver.

Whether you're at a bar or a bus stop, the courtship dance starts with a smile.

Lauren Mote

"If they smile back, maybe you've got a shot. Offer to buy them a drink," Mote recommends, recalling an encounter she witnessed where two patrons arrived separately, struck up a conversation, left together and returned a little dishevelled. They've been frequenting the bar as a couple ever since.

Honesty is a good policy, but Mote recommends knowing when to hold back.

"Get to know someone first before you unload all your proclivities," she says.

Etiquette expert: Court with courtesy

No matter the romantic circumstances, basic human decency goes a long way, says etiquette expert Charles MacPherson.

If you'd like to strike up a conversation with a hot guy or girl on the street, "first read the body language of the person and see if they are approachable," MacPherson advises.

He says an open posture can include looking into your eyes and leaning towards you. In a closed posture, they may have their arms crossed, be facing away from you or looking at other things.

Charles MacPherson

If they do seem approachable, "start a conversation about the weather, how long it always takes for this bus, and if the person is receptive, start having a 'normal' fun conversation. If the person is not receptive and gives one-word answers, perhaps it's best to move on."

The care and consideration you show speak volumes about you, he says.

"Kindness and graciousness are always in style."

Love notes

Taking your online love offline

Michael Harris

For online daters, bring your courtship into the real world as soon as possible, recommends Michael Harris, author of The End of Absence: Reclaiming What We've Lost in a World of Constant Connection.

"It's wise to arrange a quick cocktail as a first date, even if you feel like your online messaging has brought you closer than that," advises Harris.

He says the problem is that online crushes can be dangerously unrealistic. The major problem lies in the shock and disappointment you feel when the digital relationship ends, and the prospective partner doesn't perfectly mirror their online persona.

"The living person you meet may bear little resemblance to the fictitious person you've crafted in your head," says Harris. "The sound of our voices, the smell of our bodies, the little details of our postures and mannerisms are going to be utterly surprising."

He says the longer you wait to meet an online love connection in person, the bigger the letdown when your interaction doesn't match what you'd imagined.

"The joy of finding love in the 21st century is the fact that lots of dating taboos have fallen away and there's no 'correct' way to meet someone anymore," says Harris. "But this also means it's up to us to choose and be active, precisely because there is no automatic prescription."

STEPHANIE ORFORD/FOR METRO

Acing the interview when you're on-screen

Career. A job interview over video conferencing is still stressful, and has its own set of challenges

CELINE TARRANT
TalentEgg.ca

In today's global work environment, remote teams and global work assignments are becoming increasingly common. Video conferencing is now a part of daily business interactions, including job searching and recruiting. Here are a few tips for nailing the onscreen interview:

If you are using a service like Skype, make sure your username and profile picture are professional and feature your real name. Consider using a professional headshot for the image. ISTOCK

Location, location, location

A professional setting with no visual distractions is essential for a successful video interview. Even an office or a clean bedroom can still be a distraction to the interviewer: You want all eyes on you during your interview, and nothing in the background grabbing the attention.

For the perfect setting, try to book a meeting room in your library or school building. If you must interview from home, it may be worth setting up a temporary "set" somewhere in the house with a blank wall in the background and no clutter or household items around. Choose a place that is well lit, preferably with natural light. It should also be completely quiet.

Let family and roommates know that you have an interview and that absolute silence is required. Consider putting a sign on the door to remind people, just in case someone tries to come knocking.

Professional appearance

Professional attire is just as important on camera as it is in person. This means a complete outfit — no sweat pants on the bottom.

Be mindful of your fashion choices. Small patterns, shimmery or sheer fabrics, and sparkly accessories appear differently on camera than in person. Opt for a more conservative colour palette and make sure your top is a different colour than your background to avoid the appearance of a floating head.

Dress the same way you would for an in-person interview at the company. If you were visiting their offices, would you wear a full suit? If so, then suit up for your on-camera appearance as well. Dressing up properly will help you "get into the zone" as well.

Mind the time difference

In many cases, if you are interviewing from a different location than the interviewer, there might be a time difference. Confirm with your interviewer if they are in a different time zone, and don't expect them to know your time zone. Keep this in mind when committing to an interview to make sure you don't end up interviewing in the middle of the night.

Cheat!

One of the greatest advantages of doing a video interview instead of in-person is that you can cheat a little bit! You definitely don't want to be reading notes verbatim, but you can definitely have a little cheat sheet with important information to jog your memory up on the screen during your interview, without the interviewer noticing.

Keep notes to a minimum though, limiting it to information that you often forget, or questions that you have prepared for the end of the interview. Consider keeping your resumé on hand as well so you can refer to it if necessary.

Do a test run

The best thing you can do to prepare for your interview is to do a test run with a friend, using the same computer you will be using for the interview, in the same location and outfit you'll wear the day of the chat.

- Doing a test run is a great way to prevent any technical issues on the day of, and calm your nerves.
- Make sure your friend can hear you clearly, that there is no lag in the video, that the lighting is fine and your outfit looks professional and translates well on camera. Confirm that the Wi-Fi signal is strong enough so you won't need to worry about dropped calls. Have your friend watch for any ticks or habits you might have that look odd onscreen.

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David Clarkson has 10 goals and five assists on the season. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Clarkson a candidate to sit another game

NHL. $37M winger was not part of coach's 'winning combination' in win over Oilers

It's no fun being in David Clarkson's shoes right now, but he's not the only big-dollar, big-contract hockey player having his ice time cut out from underneath him.

Clarkson could very well be sitting out a second consecutive game as a healthy scratch when the Leafs meet the Rangers Tuesday on home ice; that's an unhealthy situation for the $37-million winger.

Clarkson, though, can look at the Rangers bench and see he's not alone; Rangers coach Alain Vigneault benched his entire top line of Martin St. Louis, Derek Stepan and Rick Nash (and yes, that's NHL leading goal scorer Nash).

The trio sat for the final 5:29 of the second period in an overtime loss to Nashville. Vigneault said later the benching simply sends a message to the players that their performance levels are not acceptable — and it's the same message being sent to Clarkson from Leafs coach Peter Horachek.

"I haven't made any final decisions (on the lineup versus New York), but we had a winning combination," Horachek said, referring to the Leafs' streak-busting 5-1 win over Edmonton on Saturday.

Horachek is obviously aware of the optics of his decision: it's not often a huge-contract player like Clarkson gets stuck in the press box for more than one game.

Horachek, though, is dealing with pressures of his own, including the aftermath of that 11-game winless streak. There's also been repeated criticism of his defence-first approach, with a roster that has now seemingly lost the one positive it had: an ability to score goals in bunches.

"I know of the (contract) and I know the political ramifications of what goes on," Horachek said. "But I have to stay as a coach and give my team the best chance to win."

TORSTAR NEWS SERVICE

Lack of power

43

Clarkson was brought to Toronto in part because he specializes on the man advantage, but he's now gone 43 games without a power-play point.

Obituary

Former Habs coach Ruel dead at 76

Claude Ruel, who coached the Montreal Canadiens to a Stanley Cup in 1969, was a gifted hockey and baseball player in the 1950s before losing sight in his left eye.

Ruel died at his home in Longueuil, Que., on Monday at age 76 after spending his entire hockey career in the Canadiens organization, mostly in scouting and player development.

He had hoped to be an athlete and as a teenager was a promising hockey defenceman and baseball player who had been invited to the Cleveland Indians camp. But he lost sight in his left eye while playing for the Hull-Ottawa Junior Canadiens in a preseason game in September 1957. THE CANADIAN PRESS

NBA

Griffin expected to miss 3-4 weeks

Blake Griffin will miss three to four weeks after the Los Angeles Clippers' all-star forward underwent surgery for a staph infection in his right elbow Monday.

Clippers coach Doc Rivers said the timetable offered after the procedure in Los Angeles was about what the team expected.

Griffin sat out his second game Monday night in Dallas, after the Clippers were blown out 131-108 by Oklahoma City on Sunday in their first game without Griffin this season.

Third in MVP voting last season, Griffin is averaging 22.5 points, 7.5 rebounds and 5.1 assists while shooting 50.1 per cent.

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Spurs' Popovich hits 1,000-win milestone

NBA. Comeback victory adds to five-time champion's already packed resumé

The San Antonio Spurs' huge fourth-quarter rally helped Gregg Popovich reach the 1,000-win milestone Monday night.

Marco Belinelli's baseline jumper with 2.1 seconds left capped San Antonio's 95-93 victory at Indiana.

Popovich became the ninth coach with 1,000 regular-season wins and became the third-fastest to achieve the feat. He also joined former Utah coach Jerry Sloan as the only other coach in league history to win 1,000 games with one team.

Tony Parker led the Spurs with 19 points. Tim Duncan had 15.

Gregg Popovich got his 1,000th career coaching win on Monday night in Indianapolis. San Antonio has dominated this lopsided series, winning 14 of the past 15 against the Pacers. ANDY LYONS/GETTY IMAGES

Rodney Stuckey scored 18 for Indiana, which had its season-best winning streak stopped at three.

The Pacers appeared to take control by building a 79-65 lead after three quarters.

But the Spurs scored nine straight to tie the score at 91, tied it again at 93, took the lead on Belinelli's shot and held on when George Hill's three-pointer bounced off the rim.

San Antonio failed to give Popovich his grand party Sunday night when it lost at Toronto.

THE ASSOCIATED PRESS

Around the NBA on Monday

- **Warriors 89, 76ers 84.** Stephen Curry scored 20 points, Leandro Barbosa had 16 off the bench and Golden State snapped Philadelphia's four-game home winning streak.
- **Wizards 96, Magic 80.** John Wall fell a point shy of his first triple-double of the season, Marcin Gortat had 14 points and 14 boards and the Washington Wizards beat the Orlando Magic 96-80.
- **Heat 109, Knicks 95.** Chris Bosh scored 32 points, Mario Chalmers added 18 and the Miami Heat pulled away from the New York Knicks for a 109-95 win.

CFL

Argos working on extensions

The CFL's free agency period kicks in at noon on Tuesday, and as of Monday afternoon, there were 11 players on the Toronto Argonauts ready to test the open market.

General manager Jim Barker said negotiations are continuing with those players and no talks had broken down. TORSTAR NEWS SERVICE

NFL

"We are convinced that Richie is prepared to move forward."

Bills owner Terry Pegula's statement on new signing Richie Incognito. The six-foot-three, 319-pound Incognito was a free agent and had been out of football since being suspended and missing the final eight games of 2013. The ban came after an NFL investigation determined Incognito and two other Dolphins offensive linemen persistently harassed teammate Jonathan Martin, who left the team. Martin spent last season with San Francisco.

FIFA

Three step up to contest Blatter

The FIFA presidential election will officially be a four-candidate campaign.

Current president Sepp Blatter's three rivals are: Michael van Praag of the Netherlands, former Portugal great Luis Figo and FIFA Vice-President Prince Ali bin al-Hussein of Jordan.

THE ASSOCIATED PRESS

MLS

"I think at this point a strike is imminent if we don't get what we want. And that's kind of where we stand."

Seattle Sounders players' union representative Brad Evans. Evans acknowledged that the talks over the new CBA would likely come down to the last minute and push up against the start of the MLS regular season on March 6.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't try too hard to prove yourself to people who you do not respect. You are under no obligation to even to acknowledge their existence.

♉ Taurus
April 21 - May 21
You have set your heart on something and you intend to see it through, no matter what the critics might say. So what are you waiting for?

♊ Gemini
May 22 - June 21
Someone in a position of authority will be rather critical of your work but don't lose heart. They think you could do with a little push to get you going. They could be right.

♋ Cancer
June 22 - July 23
No matter what negative things may happen you must laugh at them long and loud. If you look on the dark side, you will only make matters worse. Think yourself happy.

♌ Leo
July 24 - Aug. 23
Make a real effort to focus only on the facts today. Take advice with a large pinch of salt, especially when it's your money they are talking about.

♍ Virgo
Aug. 24 - Sept. 23
Push ahead with your number one plan, no matter how many people say you must be either mad or bad. They are scared you will show them up — and they're right, you will.

♎ Libra
Sept. 24 - Oct. 23
Don't blame yourself unduly for some kind of mistake — either it wasn't your fault at all or it was the kind of thing that can happen to anyone.

♏ Scorpio
Oct. 24 - Nov. 22
You will have to seek assistance from people whose knowledge is superior to your own. You can carry on alone but it won't be long before you need help.

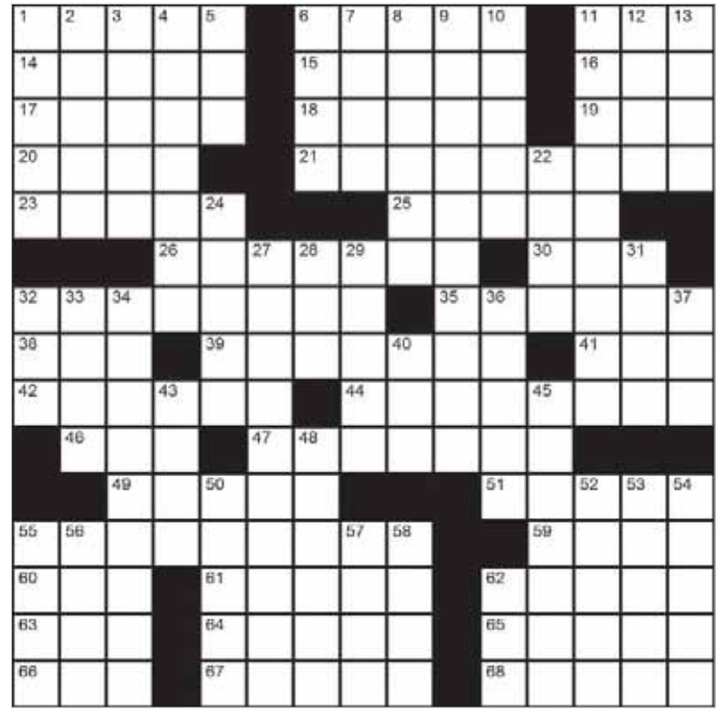
♐ Sagittarius
Nov. 23 - Dec. 21
Someone will be hard to pin down but before you get angry consider it may be what they want you to do. If you lose your temper it will just make them look good.

♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to get a straight answer from someone but you don't need their input, still less their permission, so stop trying to be so polite.

♒ Aquarius
Jan. 21 - Feb. 19
Someone's dishonesty may shock you but you only have yourself to blame. The signs have been there but you chose to ignore them. Now what are you going to do about it?

♓ Pisces
Feb. 20 - March 20
Someone will be vocal in their criticism of you but they mean well. Listen to what they have to say and accept that at least some their criticisms are valid.

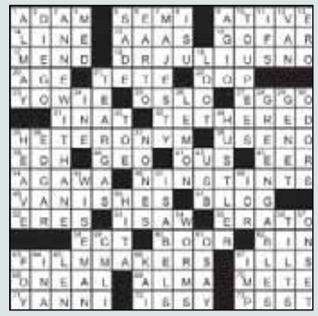
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Twin brothers Daniel or Henrik of the Vancouver Canucks
6. Dad's dad
11. Commonly, poetically
14. Reflection
15. Madagascar animal
16. Ms. Bainter of "Jezebel" (1938)
17. Leonard of "Star Trek"
18. Total eclipse phenomenon
19. Certain conifer
20. Above
21. Quebec meat pie
23. All that glisters __ __ gold
25. Bit of Elton John's "Your Song": "I __ __ the roof..."
26. Ill-tempered
30. 'The Finals' org.
32. "Fantasy Island" boss: 2 wds.
35. Takes one's turn at trying: 3 wds.
38. "C'est la __!"
39. Circus barkers
41. Director's "Stop!"
42. Fruitlessly: 2 wds.
44. Quick-photos-messaging app
46. Ms. McGillis, to pals
47. Beast slain by Beowulf
49. Mr. LeBlanc, Governor General of Canada from 1995 to 1999
51. Bard's below
55. __ Arc (Circular formation on the Quebec side of Hudson Bay)
59. Mystique
60. The Monkees hit: "___ Believer"
61. Pine tree stuff
62. Anesthetized
63. Zero
64. Succeed at being annoying: 2 wds.
65. Entreaties
66. Burdened beast
67. Actress Elizabeth
68. New Wave music instr.

Down
1. Mount of the Bible
2. Gives off
3. Matt of movies
4. Storied monster of Lake Simcoe in southern Ontario
5. Napoleonic Wars marshal
6. Feed fully
7. San __, Italy
8. Surprise attack
9. British singer of "One Night in Bangkok": 2 wds.
10. __ & Whitney Canada (Aircraft engine company)
11. "Caline de Doux Blues" Quebec band
12. Honest
13. Pericles, Prince of __
22. They're electrically charged
24. Ms. Bingham of "Baywatch"
27. Zest-in-a-recipe source: 2 wds.
28. Kiev's li'l land
29. Burn a fragrant stick
31. Madrid 'water'
32. 1006 in ancient Rome
33. Hockey arena area
34. Changed decisions
36. __, Colorado
37. Senators, on scoreboards
40. Bed-and-Breakfast
43. Many: 2 wds.
45. In a hitch-free way
48. Hen hangouts
50. Bette's "All About Eve" (1950) role
52. Pulitzer-winning poet W.H.
53. Mr. Williams of "Hair" (1979)
54. Severe
55. Canadian actress Ms. Dobrev
56. "Titanic" (1997) actress Suzy
57. Tailed toy
58. __. donor (Unknown benefactor)
62. Sit-__ (Exercises)

Yesterday's Crossword

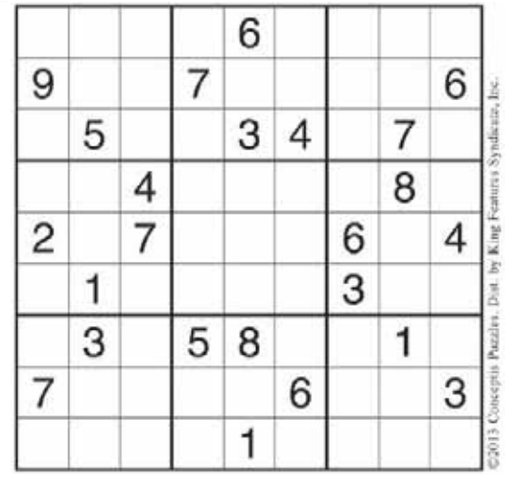


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

3	1	7	4	5	2	8	9	6
8	5	8	9	7	1	4	3	2
4	2	9	8	3	6	7	1	5
5	9	4	6	1	7	2	8	3
1	3	6	5	2	8	9	7	4
8	7	2	3	4	9	5	6	1
7	4	5	1	8	3	6	2	9
2	6	1	7	9	4	3	5	8
9	8	3	2	6	5	1	4	7

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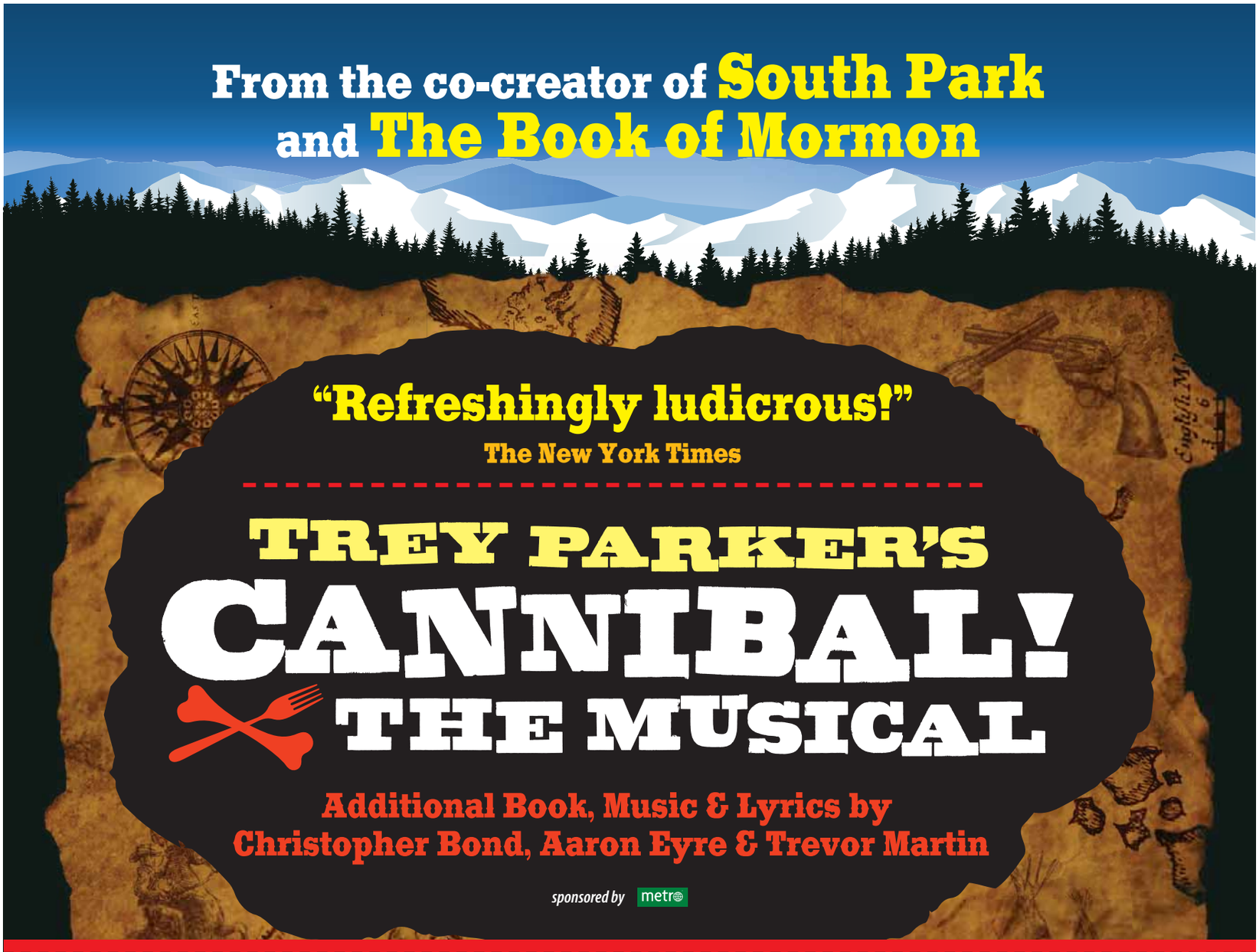

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